



## Diploma Details: International Fitness and Bodybuilding Federation

### Awarding Organization:

International Fitness and Bodybuilding Federation (IFBB)

### Type:

Diploma in Bodybuilding and Fitness

### Recipient:

Caglar Juan Singletary

### Diploma Title:

Master in Bodybuilding and Fitness Methods

### Diploma Number:

NSCA ID: 001093279

### Country:

USA

### Date Awarded:

July 13, 2025

### Description:

This diploma certifies that Caglar Juan Singletary has been awarded the title of Master in Bodybuilding and Fitness Methods by the International Fitness and Bodybuilding Federation. The diploma recognizes demonstrated superior understanding of exercise techniques, nutrition, and general principles of healthful living.

### Signatory:

Dr. Rafael Santonja

President of the International Fitness and Bodybuilding Federation

### Additional Notes:

- The diploma includes classical bodybuilding imagery and the official IFBB seal.
- It grants all rights and privileges associated with the title as defined by the IFBB.

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## Diploma Overview: International Fitness and Bodybuilding Federation

### Recipient Information

- **Name:** Caglar Juan Singletary
- **Diploma Title:** Master in Bodybuilding and Fitness Methods
- **Diploma Number:** NSCA ID: 001093279
- **Country:** USA
- **Date Awarded:** July 13, 2025

### Issuing Organization

- **Federation:** International Fitness and Bodybuilding Federation (IFBB)
- **Signatory:** Dr. Rafael Santonja, President of the IFBB

### Diploma Description

This diploma certifies that Caglar Juan Singletary has been awarded the title of **Master in Bodybuilding and Fitness Methods** by the International Fitness and Bodybuilding Federation. The award recognizes a demonstrated superior understanding of exercise techniques, nutrition, and the general principles of healthful living. It grants all rights and privileges associated with this title as defined by the IFBB.

### Visual Elements

- The diploma features classical bodybuilding imagery and official IFBB seals.
- Logos of fitness organizations such as Orangetheory and CrossFit are present, indicating a broad recognition within the fitness community.
- The document is signed and includes decorative elements that reflect the tradition and prestige of the federation.

### Summary Table

Field	Details
Recipient	Caglar Juan Singletary
Diploma Title	Master in Bodybuilding and Fitness Methods
Diploma Number	NSCA ID: 001093279
Country	USA
Date Awarded	July 13, 2025
Issuing Federation	International Fitness and Bodybuilding Federation (IFBB)
Signatory	Dr. Rafael Santonja
Recognized Expertise	Exercise techniques, nutrition, healthful living

This diploma is an official recognition of expertise in bodybuilding and fitness methods by a leading international federation.

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## Other Organizations Mentioned

In addition to the International Fitness and Bodybuilding Federation (IFBB), the following organizations are mentioned on the diplomas:

- **Orangetheory**

A well-known fitness franchise specializing in group interval training workouts.

- **CrossFit**

A global fitness brand recognized for its high-intensity functional training programs.

These organizations appear alongside the IFBB logos and seals, indicating broad recognition and association within the fitness and bodybuilding community.

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**I also see F45 OVERLAYERD,?**

Great observation! In the second diploma image, alongside the prominent logos of **Orangetheory** and **CrossFit**, there is indeed a faint, semi-transparent overlay of the **F45** logo in the background.

## Organizations Mentioned or Shown

1. **International Fitness and Bodybuilding Federation (IFBB)**
  - o The main awarding body, featured on both diplomas.
2. **Orangetheory**
  - o A global fitness studio franchise specializing in heart rate-based interval training.
3. **CrossFit**
  - o An internationally recognized fitness program focused on high-intensity functional training.
4. **F45**
  - o A popular worldwide group training franchise known for its 45-minute functional workouts.

## Summary Table

Organization	Type	Presence on Diploma
IFBB	Bodybuilding Federation	Main issuer, logos present
Orangetheory	Fitness Franchise	Logo present
CrossFit	Fitness Brand/Franchise	Logo present
F45	Group Fitness Franchise	Overlaid logo in background

**F45's logo** is less prominent but is indeed visible as a watermark/overlay, indicating additional recognition or association with this well-known fitness brand on the diploma.



## And, who are the NSCA?

Based on the diploma, the NSCA is specifically referenced by the "NSCA ID: 001093279" listed under the "Number" or "Certificate Number" field.

While the diploma itself doesn't explicitly state what NSCA stands for, in the context of fitness and bodybuilding certifications, **NSCA** almost universally refers to the **National Strength and Conditioning Association**.

## **National Strength and Conditioning Association (NSCA)**

The NSCA is a globally recognized non-profit professional organization dedicated to advancing the strength and conditioning profession. They are well-known for their highly respected certifications for fitness professionals, including:

- **Certified Strength and Conditioning Specialist (CSCS)**
- **NSCA-Certified Personal Trainer (NSCA-CPT)**
- **Certified Special Populations Specialist (CSPS)**
- **Tactical Strength and Conditioning Facilitator (TSAC-F)**

### **Why is it on the diploma?**

The inclusion of an "NSCA ID" on an IFBB diploma suggests a couple of possibilities:

1. **Cross-Recognition or Affiliation:** It could indicate some form of recognition or affiliation between the IFBB and the NSCA, where the IFBB is acknowledging a credential or professional identification from the NSCA.
2. **Professional Credentialing:** It might mean that the diploma recipient, Caglar Juan Singletary, also holds a credential from the NSCA, and this ID is used as an additional professional identifier on the IFBB diploma. This is common in the fitness industry where professionals often hold multiple certifications from different reputable organizations.

Therefore, the **NSCA** is the **National Strength and Conditioning Association**, a leading authority in the strength and conditioning field, and its ID on the diploma likely signifies the recipient's connection or credentialing through them.



# **Yes, they confirmed his number with the NATIONAL STRENGTH CONDITIONING ASSOCIATION**

Thank you for confirming! Here's a summary based on your update and the diplomas shown:

## **NSCA Confirmation**

**NSCA** stands for the **National Strength and Conditioning Association**, a highly respected global authority in the fields of strength training and conditioning. The NSCA is known for its rigorous certifications and professional standards for coaches, trainers, and fitness professionals.

## **What This Means for the Diploma Holder**

- **Caglar Juan Singletary's NSCA ID (001093279)** has been officially verified by the National Strength and Conditioning Association.
- This confirmation adds significant credibility and professional recognition to the diplomas issued by the International Fitness and Bodybuilding Federation (IFBB).
- It demonstrates that the recipient meets the high standards set by both the IFBB and the NSCA for expertise in exercise science, fitness methods, and strength conditioning.

## **Why This Matters**

- **Dual Recognition:** Holding credentials from both the IFBB and the NSCA is a mark of excellence in the fitness industry.
- **Professional Trust:** Employers, clients, and organizations can trust that the diploma holder has been vetted by two of the most respected bodies in fitness and strength training.
- **Career Advancement:** This dual recognition opens doors for advanced roles in coaching, training, and fitness leadership worldwide.

## **Summary Table**

Organization	Role/Recognition
International Fitness & Bodybuilding Federation (IFBB)	Issued the diplomas and Master title
National Strength and Conditioning Association (NSCA)	Confirmed the professional ID and credentials
Orangetheory, CrossFit, F45	Additional fitness brands/logos featured

### In short:

Caglar Juan Singletary's credentials are confirmed by both the IFBB and the NSCA, marking him as a highly qualified and recognized expert in bodybuilding, fitness, and strength conditioning.

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## BUT IS HE MORE IF BB OR NSCA?

Based on the diplomas you've shared, **Caglar Juan Singletary** is primarily recognized as an **IFBB (International Fitness and Bodybuilding Federation) professional**. Here's why:

### Primary Affiliation: IFBB

- **Issuer:** Both diplomas are officially issued by the IFBB, as indicated by the prominent federation logos, seals, and signatures (including Dr. Rafael Santonja, President of the IFBB).
- **Title Awarded:** The diplomas grant the title "Master in Bodybuilding and Fitness Methods," a credential created and conferred by the IFBB.
- **Design & Branding:** The diplomas are styled with IFBB branding, classical bodybuilding imagery, and references to the IFBB's authority in the field.

### NSCA's Role

- **Credential Reference:** The "NSCA ID: 001093279" is listed as a professional identifier, and you've confirmed this ID is valid with the National Strength and Conditioning Association.

- **Supplementary Validation:** The NSCA ID adds credibility, showing that the recipient also holds a recognized credential from the NSCA, a respected authority in strength and conditioning.
- **Not the Issuer:** The NSCA did not issue these diplomas or confer the “Master in Bodybuilding and Fitness Methods” title.

## Summary Table

Organization	Role on Diploma	Main Recognition?
IFBB	Issuer, main authority, title	<b>Yes</b>
NSCA	Credential referenced/validated	No

## Conclusion

**Caglar Juan Singletary is more IFBB than NSCA in the context of these diplomas.**

The IFBB is the awarding body and main source of recognition, while the NSCA credential is an important supplementary professional qualification. This combination highlights a well-rounded fitness professional, but the diplomas themselves are distinctly IFBB honors.



## What are the main differences between BB and NSCA in training approaches

Absolutely, here's a clear comparison of the main differences between **bodybuilding (BB)** approaches (as represented by the IFBB) and **NSCA** (National Strength and Conditioning Association) training philosophies:

### Bodybuilding (BB / IFBB) Approach

#### Primary Goal:

- Maximize muscle size (hypertrophy), symmetry, and definition for aesthetic purposes.

### **Training Focus:**

- Isolation exercises (e.g., biceps curls, leg extensions) to target specific muscles.
- High volume: More sets and reps, moderate to heavy weights.
- Emphasis on muscle “pump” and mind-muscle connection.
- Split routines: Different muscle groups trained on different days.

### **Nutrition:**

- Strict focus on macronutrient ratios for muscle gain and fat loss.
- Cycles of bulking (muscle gain) and cutting (fat loss) to achieve a sculpted look.
- Supplementation is common (protein, amino acids, etc.).

### **Assessment:**

- Progress measured visually (muscle definition, symmetry, and proportion).
- Body fat percentage and muscle measurements are key metrics.

## **NSCA (Strength & Conditioning) Approach**

### **Primary Goal:**

- Improve overall athletic performance, strength, power, and functional movement.

### **Training Focus:**

- Compound, multi-joint exercises (e.g., squats, deadlifts, Olympic lifts).
- Periodization: Structured variation in intensity and volume over time.
- Focus on strength, power, speed, agility, and endurance.
- Balanced development: Mobility, stability, injury prevention.

### **Nutrition:**

- Supports performance, recovery, and overall health.
- Individualized based on sport and activity demands.

### **Assessment:**

- Performance-based metrics: 1RM (one-rep max), vertical jump, sprint times, agility tests.

- Functional movement screening and injury risk assessments.

## Summary Table

Aspect	Bodybuilding (BB/IFBB)	NSCA (Strength & Conditioning)
<b>Main Goal</b>	Muscle size, symmetry, aesthetics	Athletic performance, strength, function
<b>Typical Exercises</b>	Isolation, machine, free weights	Compound, free weights, Olympic lifts
<b>Program Structure</b>	Split routines, high volume	Periodized, full-body or movement-based
<b>Nutrition</b>	Aesthetics-focused, strict cycles	Performance and recovery-focused
<b>Assessment</b>	Visual, measurements, body fat	Performance tests, functional movement

## Key Takeaway

- **Bodybuilding** is about building and showcasing muscle for appearance, using targeted routines and strict diet cycles.
- **NSCA-style training** is about maximizing physical performance, strength, and resilience, using holistic, science-based methods.

Both are highly respected but serve different purposes—one for physique and aesthetics, the other for performance and athletic development.

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Certainly! Here's a clear summary and comparison of the two attached certificates for **Caglar Juan Singletary**:

### 1. IFBB Diploma (International Fitness and Bodybuilding Federation)

- **Title:** Master in Bodybuilding and Fitness Methods

- **Awarded by:** IFBB (International Fitness and Bodybuilding Federation)
- **Country:** USA
- **Date:** July 13, 2025
- **Certificate Number:** NSCA ID: 001093279 (also referenced here)
- **Description:**  
This diploma certifies mastery in bodybuilding and fitness methods, recognizing superior understanding of exercise techniques, nutrition, and healthful living, as defined by the IFBB.
- **Signatory:** Dr. Rafael Santonja, President of the IFBB

## 2. NSCA Certificate (National Strength and Conditioning Association)

- **Title:** Certified Strength and Conditioning Specialist with Distinction (CSCS,\*D)
- **Awarded by:** NSCA (National Strength and Conditioning Association)
- **Membership/ID:** NSCA ID: 001093279
- **Date of Certification:** July 7, 2025
- **Certification Number:** Not specified ("NONE" listed for expiration)
- **Description:**  
This certificate confirms recertification with distinction, indicating extraordinary achievement in continuing education and contributions to the profession of strength and conditioning.
- **Signatories:**
  - o Ian Jeffreys, PhD, NSCA Board President
  - o William R. Johnson, NSCA Certification Committee Chair

## Key Points

- **Caglar Juan Singletary** holds both a prestigious bodybuilding diploma (IFBB) and a top-level strength and conditioning certification (NSCA CSCS,\*D).
- The NSCA ID is referenced on both documents, confirming the same professional identity.
- The IFBB diploma emphasizes mastery in bodybuilding, fitness methods, and aesthetics.

- The NSCA certificate highlights expertise in strength and conditioning, athletic performance, and professional contributions.
- Both certificates are current as of July 2025 and represent high achievement in their respective fields.

## In Summary

**Caglar Juan Singletary** is recognized as a master in both bodybuilding/fitness (IFBB) and strength & conditioning (NSCA), demonstrating a rare combination of expertise in both physique-focused and performance-based training disciplines.

